

# **WASHINGTON STATE NUTRITION & PHYSICAL ACTIVITY PLAN**



## **POLICY & ENVIRONMENTAL APPROACHES**

**EXECUTIVE SUMMARY**

# A GUIDE TO BUILDING HEALTH-PROMOTING COMMUNITIES

## PURPOSE

The purpose of this plan is to provide a framework in which policy makers can work together to build and support environments that make it easier for Washington residents to choose healthy foods and be physically active. Creating healthy environments in communities across the state will:

- Slow the increase in the proportion of adults who are obese.
- Reduce rates of chronic disease.
- Improve the quality of life.

## GOALS

The overarching goals of the *Washington State Nutrition & Physical Activity Plan* are to increase the proportion of Washington State residents:

- Whose lifestyle reflects the Dietary Guidelines for Americans.
- Who get at least 30 minutes of moderate activity on five or more days per week.

## DIETARY GUIDELINES FOR AMERICANS

- Aim for a healthy weight
- Be physically active each day
- Let the Pyramid guide your food choices
- Choose a variety of grains daily, especially whole grains
- Keep food safe to eat
- Choose a diet low in saturated fat and cholesterol and moderate in total fat
- Choose beverages and food to moderate your intake of sugars
- If you drink alcoholic beverages, do so in moderation
- Choose and prepare foods with less salt
- Choose a variety of fruits and vegetables daily



## PHYSICAL ACTIVITY GUIDELINES

The recommended minimum amount of physical activity for optimal health is at least 30 minutes of moderate activity on five or more days a week.

# A STATEWIDE PLAN FOR CREATING HEALTHY, ACTIVE COMMUNITIES

**“Obesity and overweight conditions are reaching nearly epidemic levels across the nation and in Washington State. This plan takes a bold step in addressing this crisis and related health conditions.”**

**– Maxine Hayes, MD, MPH, Washington State Health Officer**

The underlying theme of the *Washington State Nutrition & Physical Activity Plan* is the need to promote nutrition and physical activity *simultaneously* at several levels – for individuals, for families, within institutions and organizations, in communities, and through public policy.

## THE VISION

The vision for the *Washington State Nutrition & Physical Activity Plan* is that Washington residents will enjoy good nutrition, have active lives, and live in healthy communities.

The plan emphasizes building a strong foundation at the institutional, community, and policy levels so that it will be easier for individuals to choose healthy lifestyles.

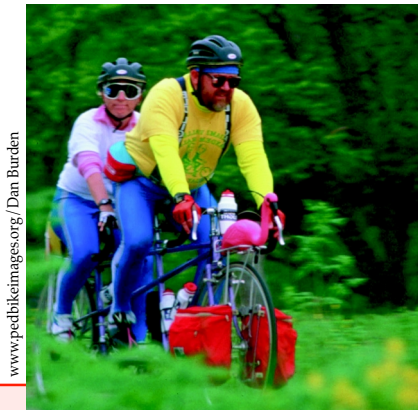
It establishes nutrition and physical activity objectives to meet the overarching goals, and priority recommendations to achieve the objectives. These recommendations will serve as a guide for groups and institutions across the state as they join the effort to build health-promoting communities.

Good nutrition and physical activity are part of the solution to the nearly epidemic public health challenges facing the nation and Washington State. The active support of state and community leaders is critical to creating environments in which individual residents may improve their quality of life by living in healthy, active communities.

## INDICATORS OF AN EPIDEMIC

- Obesity rates have doubled over the last decade.
- More than half of all Washington State residents are obese or overweight.
- Rates of chronic disease and disabling conditions that are associated with poor diet and lack of exercise continue to escalate year after year.
- Rocketing medical costs for obesity-related diseases are crippling Washington State’s ability to provide affordable health care coverage.
- The population over 65-years-old in Washington is increasing faster than in many other states.

# PHYSICAL ACTIVITY OBJECTIVES & PRIORITY RECOMMENDATIONS



## **INCREASE THE NUMBER OF PEOPLE WHO HAVE ACCESS TO FREE OR LOW-COST RECREATIONAL OPPORTUNITIES FOR PHYSICAL ACTIVITY**

- Provide adequate funding for state and local recreation sites and facilities
- Develop model policies to increase access to public facilities for physical activity
- Increase the number of worksites that have policies that enhance activity opportunities

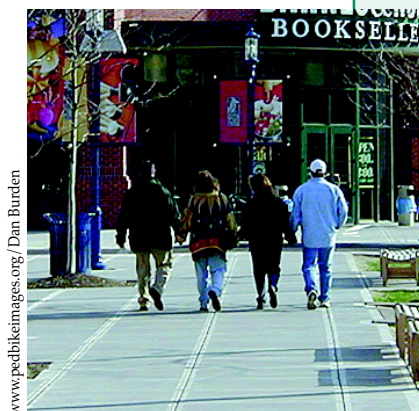
## **INCREASE THE NUMBER OF PHYSICAL ACTIVITY OPPORTUNITIES AVAILABLE TO CHILDREN**

- Adopt school-based curricula and policies that provide quality, daily physical education for all students
- Encourage policies that provide kindergarten through grade 12 students with opportunities for physical activity outside of formal physical education classes
- Provide opportunities to replace sedentary behaviors, such as watching television, with physical activity



## **INCREASE THE NUMBER OF ACTIVE COMMUNITY ENVIRONMENTS**

- Utilize urban planning approaches – zoning and land use – that promote physical activity
- Incorporate transportation policy and infrastructure changes to promote non-motorized transit
- Enhance safety and perceived safety to improve community walkability and bikeability





# NUTRITION OBJECTIVES & PRIORITY RECOMMENDATIONS

## ACCESS TO HEALTH-PROMOTING FOODS

- Increase the consumption of vegetables and fruits
- Ensure that worksites provide healthful foods and beverages
- Ensure that schools kindergarten through grade 12 provide healthful foods and beverages



## ONGOING COLLABORATION

The activities proposed in the *Nutrition & Physical Activity Plan* will take place within a context that includes working with

partners, communication, cultural competence, and surveillance, assessment and evaluation. The plan will be presented to policy makers in communities and agencies across Washington State.

The goals and objectives of the plan will be achieved through ongoing collaboration between agencies, organizations, and communities. The Department of Health and its partners will evaluate progress toward each of the objectives and monitor the dissemination and impact of the plan itself.

## REDUCE HUNGER AND FOOD INSECURITY

- Provide adequate support for nutrition and food programs
- Improve access to nutrition programs



## INCREASE THE PROPORTION OF MOTHERS WHO BREASTFEED THEIR INFANTS AND TODDLERS

- Ensure that health care settings, childcare facilities, and worksite environments are breastfeeding friendly

# NUTRITION AND PHYSICAL ACTIVITY ADVISORY GROUP

The *Nutrition & Physical Activity Plan* is one outcome of a year of strategic planning by the Nutrition & Physical Activity Advisory Group. The 35-person group includes officials from state and local agencies, and representatives from advocacy organizations from across the state. The group brings together expertise from education, transportation, planning, nutrition, physical activity, agriculture, parks and recreation, economic development, and health care.

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